

# DINNERLY



## Cumberland Pork Sausage Tray Bake with Apple and Garlic Croutons



35 minutes



2 Servings

Dinner has never been easier! Brown sausages, scatter apple and kale onto a tray with wholemeal croutons, then hit the couch while flavours mellow and mingle in the oven.



## WHAT WE SEND

- 1 red onion
- 1 granny smith apple
- 100g kale
- 2 wholemeal rolls <sup>1,6</sup>
- 2 chicken-style stock cubes
- 4 cumberland pork sausages <sup>6,17</sup>

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 180ml (¾ cup) boiling water
- 2 tbs olive oil
- 10g butter <sup>7</sup>
- 2 tsp plain flour <sup>1</sup>

## TOOLS

- large oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).  
May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 670kcal, Fat 41.4g, Carbs 33.1g,  
Proteins 37.9g



### 1. Prep ingredients

Preheat the oven to 220C. Line a large oven tray with baking paper. Cut the **onion** and **unpeeled apple** into wedges. Discard the tough inner stems from the **kale**, then coarsely chop the leaves. Cut the **bread** into 2cm chunks. Crush or finely chop **2 garlic cloves**. Crumble **1 stock cube\*** into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to dissolve.



### 2. Brown sausages

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **sausages**, turning occasionally, for 3-4 mins until browned. Remove the pan from the heat, reserving the pan (see Kitchen 101). Put the **kale, bread, garlic** and **1 tbs olive oil** in a bowl, season with **salt and pepper** and toss to combine.



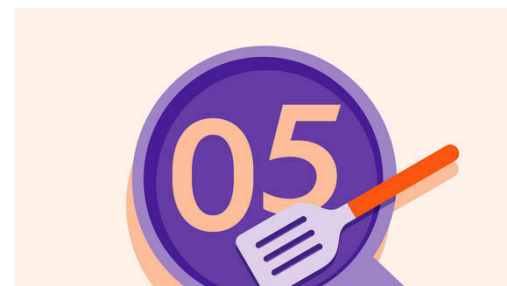
### 3. Cook tray bake

Put the **onion, apple** and **sausages** on the lined tray. Drizzle with **2 tsp olive oil** and season with **salt and pepper**. Bake for 20 mins, then add the **bread mixture** and bake for a further 5 mins or until the bread is golden and the sausages are cooked through.



### 4. Make gravy

Meanwhile, melt **10g butter** in the reserved pan over medium heat. Add **2 tsp plain flour** and cook, stirring, for 1 min or until the flour starts to turn golden. Gradually whisk in the **stock** and cook, stirring, for 2-3 mins until thickened. Remove the pan from the heat. Season with **salt and pepper**.



### 5. Serve up

Divide the **tray bake** among plates, drizzle with the **gravy** and enjoy!



### 6. Kitchen 101

Don't rinse out the pan after browning the sausages – the oil and remaining bits will add lots of delicious flavour to your gravy!